

## Command Sgt Major's Corner...

The 278th Armored Cavalry Regiment sendoff on Feb. 5 was a huge event here at Camp Shelby, and it was great to see more than 6,000 Family members and friends turn out to see "their Soldiers" at the parade field.

I'd like to take this opportunity to thank all the personnel who worked behind the scenes to make this event a success, and to wish the Volunteers of the 278th all the best as they take on their missions in Iraq.

Even though the 278th is on its way overseas, we're not out of the woods yet; the Louisiana National Guard's 256th Infantry Brigade Combat Team is still "moving the ball down the field" here, and their sendoff ceremony is probably going to be a big one.

Even with all that we have going on around the installation, I encourage everyone, enlisted Soldiers, NCOs and section leaders alike to make the time for career progression.

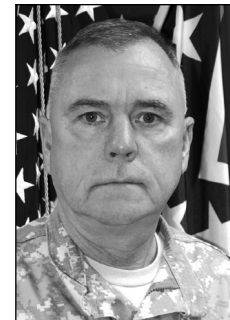
There are numerous resources out there, from Army Correspondence Course programs to Distance Learning that will help you to move your name up on the promotion list. Take advantage of these opportunities every chance you get.

The weather has been going from one extreme to the other lately, from mild to cold and back again. If your duty day takes you out to the field, remember to wear clothing appropriate for the weather. With all the freezing cold temperatures we've been seeing lately, extra layers of lighter clothing are better than one heavy layer.

There is a lot of construction and road-building equipment moving from place to place around the installation as the process of upgrading and renovation continues. Keep an eye out for workers and vehicles around these zones, and keep safety in mind at all times if you are in those areas.

The Army Physical Fitness Test is coming up in just a couple of months. NCOs, take the lead and ensure that your Soldiers are ready for it by setting the example for them to follow.

HOOAH!



Cmd. Sgt. Maj. Keith Waters



**MOBILIZED...** Virginia Army National Guardsmen with A Company, 1st Battalion, 116th Infantry Regiment pose outside their armory in Bedford, Vir., before departing for Camp Shelby, Ms., for their pending deployment in support of Operation Iraqi Freedom. The unit last deployed under their company colors in support of World War II, where they laid claim to fame as the "Bedford Boys" after losing 22 Soldiers in the first few minutes of the Allied Invasion on D-Day.

# Virginia unit carries history

## 'Bedford Boys' train for combat

By 2nd LT. ANGELA K. FRY  
256th Infantry Brigade  
Combat Team Public Affairs

More than 65 years after A Company, 1st Battalion, 116th Infantry Regiment left its indelible mark on history, its Soldiers now train for potential combat in support of Operation Iraqi Freedom.

To history buffs, A Co. is endearingly referred to as the "Bedford Boys" because of the Virginia National Guard unit's selfless sacrifices in support of World War II on the Beaches of Normandy.

"The history of this company goes back to February 1941, when it was called into federal service as part of the 29th Infantry Regiment," explained 1st Sgt. Kevin Stewart, A Company's first sergeant. "However, it was the morning of June 6, 1944, as part of the Allied Invasion that the unit first saw action."

The Veteran of Operation Enduring Freedom and former active Army com-

ponent Soldier put into words the story of the 30 Bedford, Virginia Soldiers who were the first infantrymen to hit the Beaches of Normandy, specifically Omaha Beach. On that one fateful day, more than 2,500 U.S. Armed Forces members lost their lives in a foreign country, thousands of miles from home.

"Bedford is claimed to have lost more men per capita on D-Day than any other town in the country," Stewart stressed. "To honor the memories of these men, Congress placed the National D-Day Memorial in Bedford."

The impact of the loss of the 22 young men from the small Blue Ridge town of only 3,200 residents is still felt today, with the passing of the last surviving "Bedford Boy," Ray Nance, in April 2009.

To honor the memory of the boys who lost their lives within the first few minutes of D-day, the Troops of today's A Co., 1-116th carry with them the pride in their unit's history and heritage.

The Soldiers of A. Co. are currently mobilized at Camp Shelby, Ms., to train for their pending deployment to Iraq, with the Louisiana Army National Guard's 256th Infantry Brigade Combat Team. Stewart, a graduate of Quitman

High School, in Quitman, La., laughed at the irony when asked about the opportunity to deploy with Troops from his own home state

"I was excited when I found out that we were deploying with a brigade from Louisiana," the Virginia transplant recalled. "I was born in the Hodge Clinic, in Hodge, La., and I remember the National Guard armory in Jonesboro across the street from the old Wal-Mart," he spoke of the unit that is now reorganized into A Company, 199th Brigade Support Battalion, which is also deploying with the 256th.

The deployment with the LANG's "Tiger Brigade" marks the first time that A Co., 1-116th will deploy under its own colors since the days of the "Bedford Boys."

Stewart explained that with this deployment, the 1-116th's primary mission will be to provide convoy security in support of the reduction of Troops in Iraq, as the Iraqi government continues to maintain a secure, democratic nation.

Unlike the treacherous D-Day mission of their predecessors, today's "Bedford Boys" are faced with the distinct honor of safely returning home thousands of U.S. service members to their families.

## Sexual assault can happen to anyone

There are many commonly held beliefs about sexual abuse.

One is that abusers are always men.

In fact, reports of female perpetrators are on the rise, involving both male and female victims.

At least 5% of abusers are known to be women. Another myth is that the abuser is usually a stranger.

More than 70% of abusers are immediate family members or someone very close to the family.

Remember - bad guys don't always look bad; they're often the people we love.

A third myth is that the abuser is always hated. Often the victim loves and protects the perpetrator. (www.aacts.org)

If you are one of the survivors, you are acutely aware that these numbers represent much more than statistics.

They represent the pain and suffering and shattered dreams of so

many individuals.

You are also aware, if you are a survivor, that it's often not the mysterious stranger who commits this type of crime.

Typically it's a friend, an acquaintance or someone you love and trust.

The effects of this kind of brutal betrayal may last a lifetime.

Specialists in the addiction field (alcohol, drugs and eating disorder) estimate that up to 90% of their patients have a known history of some form of abuse.

However many individuals are

resistant to seeking treatment for sexual abuse (www.aacts.org).

This is especially true for males. Men are often extremely reluctant to admit to any history of sexual abuse and often fall to identify it as such.

Many survivors are in denial of the effects of abuse and may fail to see any association with later tendencies toward ongoing abusive relationships, feelings of self-hatred, inability to trust or have a problems with intimacy.

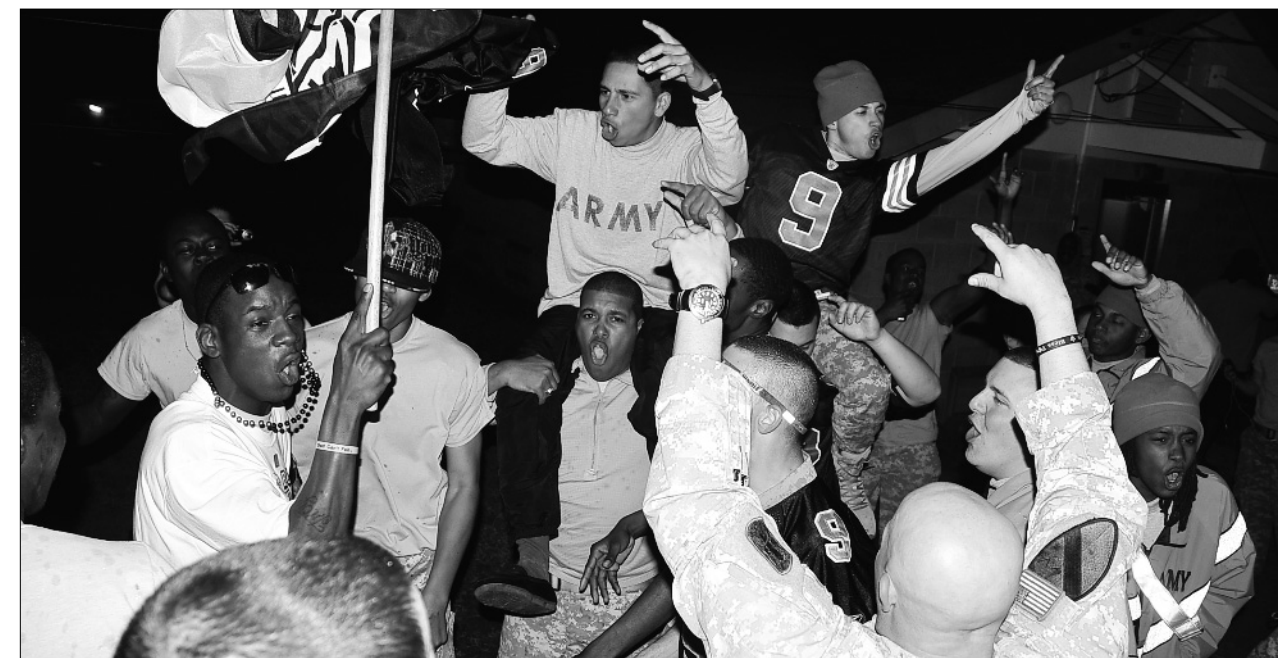
Some patients denigrate themselves further, claiming that their

abuse could not have been "as bad" as that of other victims.

Survivors of Sexual Assault often suffer from long term effects and it is important to get counseling from a trusted professional.

If you or someone you know has been the victim of a Sexual Assault Contact your local Sexual Assault Response Coordinator (SARC) or a Victim Advocate (VA)

(601)467-1030 - Hotline/Cell  
(601)558-2222 - Military Police  
(601)558-2032 - 24-hr Chaplain



**CELEBRATE...** Soldiers from New Orleans' own 1st Battalion, 141st Field Artillery Regiment, run outside the barracks at Camp Shelby, Ms., dancing and screaming the famous "Who Dat!" after watching the Saints triumphant win of the Super Bowl championship. Part of the 256th Infantry Brigade Combat Team, the 1-141st was mobilized Jan. 5 to conduct pre-deployment training at the Camp Shelby Joint Forces Training Center, and upon completion will deploy in support of Operation Iraqi Freedom.

# Deploying Louisiana Guardsmen celebrate historic Saints victory

Stories by SGT. TRESA ALLEMANG  
199th Brigade Support  
Battalion Public Affairs

The air at the Camp Shelby Joint Forces Training Center in Ms., was filled with the smell of crawfish boils, grilled steaks and hamburgers, and shouts of "Who Dat!" as deploying Soldiers, anxious Saints fans, counted down the minutes till kick-off.

Soldiers from Louisiana National Guard's 256th Infantry

Brigade Combat Team, currently training for deployment, were given the afternoon off to celebrate and watch the New Orleans Saints contend for the Super Bowl championship.

"Since I watched my first football game, I've been a Saints fan. I knew they would eventually win the Super Bowl," said Maj. Mark McCoy of the 199th Brigade Support Battalion "But even after watching them win, it's still sinking in."

Though having some time to relax was great for the exhausted Soldiers, having the ability to watch the Saints not only play in their first Super Bowl, but actually win it after 44 years, was an indescribable emotion for the Colfax, La., resident.

"I have waited for this moment for my entire life and I could not be happier for the Saints," he said.

The 256th was mobilized Jan. 5, and will deploy in support of

Operation Iraqi Freedom to conduct convoy security and force protection operations throughout the multi-national coalition.

This will be the second deployment for the Tiger Brigade, who deployed in 2004.

Though the day began like every other day during mobilization training: out of bed and in full combat gear, usually in time to watch the sun come up, Feb. 7 was different explained Spc. Ramon E. Madrid, of the 1st bat-

talion, 141 Field Artillery Regiment, headquartered in New Orleans.

"It will always be remembered as an inspiring day," he said, "... a day when a team came together to accomplish a mission that people from all over the country said would be impossible."

"For years Saints fans have shouted 'Who Dat!' but as of Feb. 7, they can now answer back with 'NOBODY!'" the New Orleans native exclaimed.



Louisiana Guardsman, Sgt. 1st Class David Zander (above) grills hamburger and steaks for Soldiers while the faithful gather to watch the big game.



## CENLA unit trains for return to Iraq...

Louisiana National Guardsmen with the "Tiger Brigade's" 199th Brigade Support Battalion, headquartered in Alexandria, La., gathered down-range on Camp Shelby, Ms., to conduct mobilization training as the brigade prepares for deployment.

The upcoming deployment in support of Operation Iraqi Freedom is familiar territory for many Soldiers assigned to the 256th IBCT, as a large percentage of its approximately 3,400 members deployed in 2004. Despite this experience, the mission this time is much different, according to Command Sgt. Maj. William E. Migues,

senior enlisted advisor for the 199th BSB. "Our current mission in Iraq will consist of combat operations and security and force protection throughout the multi-national coalition," he said.

"During the previous deployment, the 256th conducted full-spectrum combat operations," the 23-year LANG veteran said. "which means anything from infantry operations, to reconnaissance, to artillery."

He explained that since the start of the war, forces have been trained by multi-national coalition forces and now have the assets to sustain the country more independently. "This time, we are deploying as more of a support element."

From firing ranges to counter IED lanes, the 256th IBCT will remain on the Camp Shelby installation until all training

requirements are met. Upon completion, the brigade will deploy to Iraq to begin their new mission.

"The training at Camp Shelby has been excellent for our Soldiers because the instructors alter the simulated missions to meet our specific needs, whether it is force protection or convoy security," said Migues, who deployed as a master gunner in the brigade's initial deployment.

"The mobilization training here also helps our Soldiers build teams so that when we deploy, and it's time to use what we've learned, we have already built some camaraderie with our teammates. But most importantly, we will be confident in one another's abilities," he added. "Though our mission in Iraq is very important, our biggest mission is to ensure that every one gets home safely."



U.S. Army Photo by Sgt. Tresa L. Allemang  
Louisiana National Guardsmen, Spc. Taurus P. Williams and Sgt. Alfred R. Johnson take turns firing the .50 caliber machine gun at targets down range to qualify as part of their pre-deployment training at Camp Shelby.